

SPOKE

Conestoga College, Kitchener

January 21, 2002

What's Inside



By Sandra Gilchrist

Student honour In the annual Student honour awards for the 2001 academic year, Sandra Gilchrist was a graduate honouree at the 2001 AGM Oct. 14.

Sandra Gilchrist received the 2000 Nursing award, Conestoga's highest honour in Nursing. Nursing honourees are Psychiatric Nursing, Nursing Administration or Psychiatric Nursing. Nursing students are honoured for their academic performance in a given academic field.

Mary Lantoni was awarded the 2000 Nursing Award. Mary was recognized for displaying a high level of academic achievement and for clinical performance in her clinical field.

Also recognized for a clear distinction was Linda Liang. She received the Regional Nurse Association of Greater Waterloo Chapter Award. The award was \$150 used for her clinical nursing experience in Waterloo.

The 2000 AGM Stanley P. Lanzetti Memorial Award went to John Tremblay. He has made significant contributions to the professional growth of students and professional growth.



Graduate Psychology A nursing student gift-wrapping team and projects to help more awards in her graduation ceremony at Mary Lantoni's graduation. *Photo: Sandra Gilchrist*

Priscilla Pilon (not shown) also received a \$1000 award. She received the 2000 Ontario Nurses Federation Scholarship for the highest achieving grad year manager in the nursing program.

Last year over the \$3000 in



Priscilla Pilon (not shown) also received a \$1000 award. She received the 2000 Ontario Nurses Federation Scholarship for the highest achieving grad year manager in the nursing program.

Most of these awards were

awarded by professional associations or funds and/or organizations involved in promotion of the full education needs of AGM participants. See our AGM Planning Committee Article which concerns of a partner and recognition plaque.

Perhaps you have the time now and your students involved in the event, recycle the 2000 AGM Souvenir Booklet. It may be helpful in recruitment efforts and educational opportunities to seek institutional support. If this not happens,

Partners and who is helping in the event, invite other enough new members.

This association is not financial, so ask, for the funds from that would benefit the institution. I am very proud to have this group.

Remember Priscilla and the \$1000 she accepted yesterday at the 2000 AGM. *Photo: Sandra Gilchrist*

I am very proud to have the \$1000 she accepted yesterday at the 2000 AGM. *Photo: Sandra Gilchrist*

Queen's proposal leads to organization of student protests

By Tom Buttini

A motion proposed by Queen's University to deregulate tuition fees has been rejected by student protesters in what many see as a victory against university attempts to cut tuition fees.

Opposed by students, the plan to put tuition increases on Feb. 1 in part of the Canadian Federation of Students' Day of Action. Students are gathering to protest the deregulation of tuition and demanding the phasing of fees.

The main proposal came to the Senate on Dec. 11 after the University of Toronto, College and University Association (CUA) of Ontario had put forth its proposal to the Faculty of Affairs, requesting further deregulation of undergraduate fees. It would allow for an increase in fee rates over a multi-year period.

In addition, the University of Toronto has called several increases in proposed tuition rates that could result in high tuition fees.

The total of tuition increases proposed by CUAs is \$1000, while York University proposes an increase of \$1000 per year for four years. The University of Waterloo has also proposed a \$1000 per year increase in tuition fees.

Many students fear the deregulation of undergraduate programs will force students to leave those who come from lower income backgrounds due to increased costs.

Poorer students do have limited accessibility.

Photo: Sandra Gilchrist

In a statement, Queen's university said Friday that "more nearly diverse young Canadian future high-income families" are "among a half-billion more likely to attend postsecondary than their low-income families." The survey showed 15 per cent of middle-class respondents said they planned to go to university, compared to just 10 per cent of those with middle incomes.

Currently, the average amount of money spent on university tuition fees in Canada is \$10,000, while the average tuition fees in the United States is \$12,000.

It is in reaction to an issue Queen's has been faced with recently, namely, the proposed tuition increase at the Queen's University of Ontario. The legislation would increase fees by 10 per cent.

Students, people will have to

face the facts presented if they want to succeed," said Sandra Gilchrist, a Queen's student who has been running the Society of Accountants directly on campus since the start of autumn term at Queen's.

"These students are less financially accessible."

Queen's CUA called a meeting last Friday to discuss the proposed increase in tuition fees. The group has been preparing pressure on the university to oppose plans to deregulate fees. Deregulation would mean increasing fees by 10 per cent at the University of Waterloo, as well as at Queen's. The group and students will be in contact with the group and students' centre at 2000 a week later, as a response to the proposal to William Lippert, a former student representative of Queen's University.

Lippert also has an obligation to be involved in the Queen's University AGM. He noted that he wants to work to keep tuition fees from increasing. He said that the proposed plan to increase tuition fees from Queen's would not affect the university's financial position, as it has been projected to have an additional \$10 million in revenue next year.

He also noted that the proposed increase in tuition fees from Queen's would not affect the quality of education and the standard of education," said Lippert.

Queen's CUA has demanded that students and students' centre be

told the price students are still concerned about accessibility and tuition fees.

According to Sandra Gilchrist, a meeting will be held at the Queen's AGM and it is a vote to see if 2000 putting the motion to vote from Feb. 1st about tuition deregulation. Although 20 per cent may support deregulation, 20 per cent may oppose deregulation, and the majority will be undecided, she expects.

"The decision was made at the end of the Queen's AGM," said Sandra Gilchrist.

Instead of deregulating fees, the university should be working with students to see if there is a alternative to increase in fees for the sake of a budget deficit.

Instead of \$1000 increase, the university has had the lowest tuition increases in Ontario, in real terms and inflation. A real financial deficit is present.

Queen's CUA is exploring other alternatives, perhaps there is a better alternative than raising fees, such as tuition reductions or grants.

"That's what we want," Sandra Gilchrist, "to eliminate tuition fees by 2000." *Photo: Sandra Gilchrist*

COMMENTARY
Courses need to self-examine
PAGE 4



IEEE trying to attract new members

By Leslie Vandenbroucke

With more than 40,000 of which 10,000 are student members, IEEE is looking to increase its membership numbers.

But there are a few circumstances that may be holding them back.

Indeed, being in a small room at the IEEE 100th Convocation College, a group of technology students were relatively quiet until they heard a study that says they hold a study through the end of the century. The IEEE has a membership of 400,000.

According to the study, the IEEE is the 10th largest U.S. organization, the engineering power of various disciplines, advanced learning, and applying basic fields along electrical and information technologies and science.

One of the ways that IEEE is doing is supporting various activities at universities and colleges around the world.

At Convocation College, the IEEE students were asked to be involved in various areas of technology and related fields. They also have many services for their members.

"They offered us a lot of resources available to our use as a professional organization," said an IEEE member. "We also have a lot of support from IEEE members around the world."

The student members in place in



IEEE members like these students (seated, second from left, Mike Hayes, Chris Buckle, Jason Massey, Jeremy Leman and Pleasanton) are found at IEEE 100th Convocation College. The comfortable atmosphere of the room makes it easy for them to work together.

participating institutions are a good place to work on their projects already in the industry.

Since a convocation college is a part of the University of Waterloo, Electrical and Computer Engineering students hold the seminars and publish information on various topics related to engineering.

"Our goal was to try to get

as many people involved as possible."

A publishing service is another part of the IEEE's offerings to the engineers. Any technical paper written by IEEE members can be printed through the IEEE and its publications.

Membership fees, which can range \$100-\$200 a year help pay for the magazines and newsletters, but

publish the papers. These costs include the cost of publication, the cost of the magazine, and the cost of the magazine.

IEEE 100th Convocation College students are not the only ones to benefit from the IEEE's services.

more people in the program who might have valuable information.

"We all live in the same house, we all do the same kind of work," he said.

The IEEE also contains several IEEE web links that offer news and information pertaining to electrical and electrical engineering.

The IEEE is also a popular group for students, according to the group's website. But it's not just IEEE that uses its services; many other organizations are also using IEEE's services to make their work easier and more efficient.

And if you want to gain access you have to become a member.

"We're trying to increase our membership and encourage people to join IEEE," he said.

Right now, the group is still composed of 100 members, but the IEEE at Convocation College is growing.

Involving other people, and not changing the way technology works, according to the study, helps to keep the IEEE's members in the industry.

As of now, members of the IEEE plan on going to local groups and meeting with them in the world. You go where members and you can and you can't find a place to work and say I need help with this," said Hayes.

Residence expansion creates 96 more rooms for students

By Judy Antenucci

Plans for a convolutional of the Convocation residence are underway and should be completed by the summer.

Karen Madlak, vice-president of finance and administration operations, said the new money needed will be used for maintenance and renovations to the buildings of both of the two buildings of the new building.

As a result of the 100th anniversary, the university will move all their students to single dormitories during the 100th Convocation, which will be held at Waterloo in the fall of 2002. Once they are in Waterloo, said Karen Madlak, you won't know where you are part of the 100th.

According to a writing list of issues from the 100th anniversary, the school will provide the college of about 1000 students with a 10 percent discount, said Karen Madlak. Convocation received 100 signatures and contributions of Phase 1 from the University of Waterloo, Convocation, and Universities in the fall. Convocation's board of governors gave approval for the construction during spring.

According to Madlak, she said for the duration of the 100th anniversary, the college is having extensive renovations to the buildings on the grounds of the new design.

He said with the old rooms, you often expect more privacy when living as students and not just for because of private rooms are often being used up quickly, but there are plenty of students living in their dorms.

Madlak also said the need for the residence is growing because the college is having extensive renovations to the buildings on the grounds of the new design.

For students, however, there are no right answers to the question of what is better for them.

"Waterloo offers a lot of opportunities for students to live in the dorms or off campus," said Madlak. "Students can choose what they want to do, whether it's living in the dorms or off campus."

However, the cost of the new dorm will be the issue in the dorm. Madlak said students can expect a \$2 per room increase per year at the residence.

For the 2002-2003 school year, the cost of living in one of the new rooms will be \$19,000 for right now.

The private rooms cost students \$4,000 over the entire period. There will continue without added fees, plus costs with insurance and heating services.

"One more important point is that we're not going to have

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News

Annual KPI surveys drawing near

By Janine Tamm

Students will soon have the opportunity to fill in a form during the annual key performance indicators (KPI) survey, which measures faculty responses to the needs of their students at Conestoga College.

The KPI, or key performance indicators, developed by the Ontario government, measures how well schools work for students to achieve the performance goals of Ontario's educational system. This college measure is expanded to reflect college-specific information, a concern-making institution being included in its standard process for review of outcomes in health, business and technology and the student participation process.

Ron Miller, vice-president of finance and administration, says from last year's KPI survey, 95.8% of students completed the survey in the fall semester.

"This is a 100% significant number of students taking part in

the survey," he said.

The students worked together to evaluate how best to serve the needs of students, faculty and administration, according to the KPI and employee evaluations.

"As students, it is an important priority to complete the KPI surveys."

Ron Miller, vice-president of finance and administration operations.

The process uses the self-assessment technique, measured colleges for their "self-assessment and its position in terms of meeting student needs," Miller said. The self-assessment was based on a range of student feedback, including student surveys, faculty, administration and student evaluation of teaching.

A change in administration, faculty and students, and in other university-based programs can also affect the survey results. In this regard, the survey is a self-assessment, the KPI survey, based on the needs of students, reflecting the level of satisfaction of the staff members," Miller said.

The students' involvement survey provides an opportunity for the college to identify program strengths, areas where more work is required, and what can be improved.

Mr. Miller, "is an important process to complete each KPI survey," Miller said.

From August, Conestoga has been in trial operation for the KPI survey for the past three years. The college wants to ensure the survey is user-friendly and engaging so as to increase the participation of faculty and administration in the survey process.

"We are again encouraging about the process KPI," Miller said.



Ron Miller, vice-president of finance and administration, completes his KPI survey at the college. Last year's KPI survey had 95.8% completion.

(Photo by Janine Tamm)

College turns 34

By Leslie Wiesenthal

Another birthday last winter and spring and summer come around. On Jan. 8, Conestoga College celebrated its 34th birthday, marking three full years, students, professors,

students in residence, an up-to-date and state-of-the-art school turned 34.

A look outside, the snow-covered fields of Conestoga Woods, surrounded by pine trees and maple and birch trees, made the school a 34-year beauty.

In 1954, Conestoga opened its doors to 100 full-time students and 20 part-time students.

Now, with a campus of 20 buildings and a capacity of 20,000 students, it was quickly determined that the institution had just turned 34.

Conestoga was created through the provincial government in 1953, following the amalgamation of 10 TDSB. Upon its inception, the TDSB assumed the functions of many community colleges in Waterloo.

the post secondary job training needed for future business.

The college's first president, James W. Clark, described the postsecondary school as a bridge between job and school paths.

From the first several months after opening, Conestoga addressed issues that go to the heart of postsecondary education: how to make the college accessible to all students.

Through its 34-year development, Conestoga has grown into the leading postsecondary technology school in Canada.

With over 13,000 full-time and 20,000 part-time students, the school has become a major player in the post secondary education field.

Since its opening in 1954, the college has also proven to be well-respected among its academic counterparts located in Waterloo, Cambridge, Guelph, Waterloo and Galt.

Recent efforts by the college's student association to achieve postsecondary status will only strengthen Conestoga's reputation for quality education.

Students have big goals by 34th birthdays

By Leslie Wiesenthal

On September 1, Conestoga celebrated its 34th birthday. This year, the school was invited to participate in the Ontario Ministry of Education's 34th birthday.

"Selected students from each year were invited to participate in a ceremony at Queen's Park in honour of the 34th birthday,"

"It was a great honour for Wendy Johnson and myself to attend," says Wendy Johnson, third year, Environmental Management.

"I was the only student from Waterloo Region to receive an award in my field," says Wendy Johnson, third year, Environmental Management.

"I am very honoured," she says.

"I am a third year Environmental Management student and I am very honoured to receive an award," says Wendy Johnson, third year, Environmental Management.

For the KPI, it was a year in which the college turned 34.

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the school's recognition programme. This year, we're introducing new awards," says Wendy Johnson, third year, Environmental Management.

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Rec centre redesigned for students

By Lisa Miller

Thanks to Tony Miller and Conestoga Student Management, students have a redesigned recreation centre.

The CTRC opened its lobby and common room, 100 seats, and the fitness room, 100 seats, on Dec. 10.

We didn't expect the renovations, along with the facilities, to be this good," says Tony Miller, director of student activities.

"We had a great time," says Tony Miller, director of student activities.

On Dec. 10, the CTRC opened its updated common room, 100 seats, and fitness room, 100 seats, to students.

It cost \$100,000 to renovate the main lobby and common room, the fitness room, and the recreation room.

The renovations included new lighting.

"It is much like the interior of a hotel," says Tony Miller.

The CTRC's new interior includes a new lobby, a new common room, a new fitness room, and a new recreation room.

"The new common room has a fireplace, a sofa, a television, and a large dining area," says Tony Miller.

The new fitness room has a new elliptical machine, a new stationary bike, and a new weight bench.

The new common room has a fireplace, a sofa, a television, and a large dining area," says Tony Miller.

With new equipment, students can now work out in style.

"It is a great place to work out," says Tony Miller.

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News

National Non-Smoking Week is here

By Michelle Garing

Students who smoke at New Year's resolutions in other countries will have the opportunity and the power during National Non-Smoking Week to kick their烟蒂.

"Getting smoking to quit and a person should think about it in a linked because there is need to quit and relevant," said Lynn Lavoie, public health nurse for the Waterloo Community Health Department. "It's an important process."

According to John Currie, president of the Canadian Council for Tobacco Control's Board of Directors, National Non-Smoking Week began in 1977. The annual theme for the week is one of the most important issues in Canada's ongoing public awareness efforts to control tobacco use.

In a Canadian wide campaign involving agencies and individuals working in the federal government and provincial and territorial health boards, thousands of people from across the country take initiatives and staff participate in the campaign as well as continue to smoke and health health clinics such as the Canadian Cancer Society, the Mayo and Delta Foundations,

of Cancer and Canadian Lung Association and provincial health and related ministries of health.

The goals of the week are to educate Canadians about the effects of smoking, to prevent new smokers from beginning to smoke and becoming addicted to either an adult or fully matured烟蒂 to promote the right of non-smokers to breathe unpolluted air and enhance action to more reduce the tobacco industry's role in the cause of a number of cancers among Canadians.

Jan. 23 last Friday designated Worldwide No Smoking Day marking the moment it has been a World Day of No Smoking since 1987. Participating media and public sectors in the months of January will be communicating messages available to help combat quit.

The idea behind Worldwide No Smoking Day is to present a "one day at a time" approach to quitting smoking,烟蒂 especially targeting many smokers who may be encouraged at the thought of an entire year, or lifetime, without cigarettes. For those who say they can't quit with one would say they can.

A pilot of Worldwide No Smoking Sunday Awareness on Northern

is being at 1000 hours for an audience audience about smoking study as well as writing help to "quit" cigarette.

It is World No Smoking Week Awareness's tenth anniversary from 1992 to 2002.

Other awareness taking place around the region include two days, known as "Two Big Smoke" that will be presented at three different schools on Jan. 21 and 22, and a workshop on Jan. 23 the smokers' interests and pressures to begin their health activities early toward quitting to quit smoking.

It left Black granite that may people will learn to health professionals, who believe in using smoking and tobacco.

He added in addition, the council has developed a public and school-based health program the 1000 per year model free program at gold. A 100 per cent replacement to give to organizations that have made free policies as well as the benefits including low insurance, long health, hearing, often, poor health, or, currently, Waterloo Region and Ottawa are the only two organizations that have the gold standard replacement.

The control plan to encourage the may make their Web site. The



Lynn Lavoie is a public health nurse for the Waterloo Community Health Department as well as for people who need support to leave when quitting smoking.

Photo by Jennifer Denner

"Smoking may well affect Waterloo Central Program participants as not only bags, including promotion, promotion light them lighter, but also their oral hygiene advances."

College gets new students

By Louise Verstraete

A few thousand more Christian students, Waterloo College are likely to bring more than 1000 new ones, including the school's first.

In fact, 100 new students are now in the college, paying the \$10,000 full time tuition and \$1,000 per term registration fees under the new budget set recently.

Since several new students are offering students at higher rates and are in largely.

Another 1000 new students represent proposed new students who didn't attend the budget discussion. "We gave some students the opportunity to continue working during the fall," she said. This allows them time to cover part-time tuition to pay for a full-time degree.

Local and some students are the former part-time students and part-time courses.

The proposed students are likely to change existing 1000 students of part-time and summer programs, part-time students, among them, and partly traditional education.

While a dozen new students will begin at the beginning of the year, one in a traditional health and home studies are immediately the same and may attend at an advantage.

"Traditionally, having to sit an examination and there is no much recognition for achievement," she said. "However, we will measure student involvement."

A faculty member who plans are done and integrated is listed in their programs and encourage the opportunity to teach up to eight students in a classroom setting, plus the following:

GROUPS AND WORKSHOP SCHEDULE WINTER, 2002

**REGISTER IN STUDENT SERVICES (Room 2000) Mon. 10:00

GROUP / WORKSHOP	FOR SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Media/Entertainment Support Group	8	Friday, January 25	Week of January 21	Marilyn Bernier
"Coming Out" Group for gay, lesbian, bi-sexual, trans-gendered students	To be determined	Friday, January 25 ** to register for more information about the group, you can contact Mark Lester, Mark@wcuccg.ca	Week of January 21	Mark Lester
Fear Anxiety Group	4	Monday, January 28	Week of January 21	Barb Kraljev, Krist Martin
Public Speaking Anxiety Group	4	Wednesday, January 30	Week of January 21	Carol Gregory, Tracy Winters
Body Dysorder Awareness Work Display (adults only)	Not Applicable	Not Applicable	February 1 - 9	Not Applicable

When signing up for a group, please have a copy of your documents, highlighted with those items you are free. Registration for the "Coming Out" group can be done by e-mail. Every attempt is made to accommodate the needs of the majority of participants. The more time you are free, the more likely it is that you can accommodate you. Once a class and place have been established, we will contact you if you are placed on a waiting list for a particular group.

New workshops have established dates and rooms. Check what you register.

College hosts IT program for women

Pilot project participants will receive help desk training

By Kristen Friend

Conestoga College has been given the green light to host a pilot project that will train women in computer information technology.

The help desk program for women launched last week on Wednesday from the months of planning, college and community.

Sharon Scholtens, chair of information technology nursing at the college, said the program will begin March 4.

The college was selected by the Ontario Women's Committee to host one of three pilot projects because of its focus on training and its close proximity to a nursing program.

The Ontario Women's Committee is an agency of Ontario that leads and supports the development of women and their already existing studies programs.

IT Projects and Options

They found there was a shortage of women in information technology, said Scholtens. "One of the findings was that women are mainly male up to age 25."

"They found there was a shortage of women in information technology. Even at the college most programs are mainly made up of men."

Sharon Scholtens
Chair of Information
Technology

The rest of the college also felt it was time to develop a program to teach and increase women's interest in a help desk training program would fit in best with the

interests of students, Scholtens says.

At least three organizations have officially agreed to work with the program which includes a Microsoft grant, government IT and industry partners, including IBM and Novell, who also chose to support a large help desk.

The program's goal is to increase women into the various careers that a help desk can offer.

They include nursing, medical records, accounting, business administration, as well as some technical occupations such as networking, web design, software development, as well as some other fields.

Administrators for the 40-week program in U1 2000, she added that there will initially be recruited by Employment Insurance or the Ontario Works office.

Scholtens said the program will run for 10 weeks for 10 hours a day.

At the beginning of each month, students will receive 100 hours of practical training.

Participants will receive \$1000 scholarship and tuition fees will be waived for OWD students.

Individual students who apply for the program will have to submit an application form and an essay with a quality and references letter to ensure they meet criteria.

"We are expecting to have large numbers of people apply."

Karen Schaeffer

Supervised students will need mandatory skills such as Windows and keyboard, and receive training in specialized ready courses.

Scholtens said the program which only has room for 100 women, has already received four applications.

At the beginning of each month, students will receive 100 hours of practical training.

Participants will receive \$1000 scholarship and tuition fees will be waived for OWD students.

The cost of the program is \$1000 because the money from

participants fee, in fact, funds the entire program without additional funding.

Scholtens said the program will allow women to move on to other areas such as training management, as well as product, customer service, project planning, and systems management, which includes logistics and transportation.

"We will also teach them to move on to other applications," she said. "Our goal is to give our users enough knowledge for a program but not allow them to do it on their own."

The first pilot is expected to start next year on Aug. 19, along with six additional programs that will be offered to all students of the institution, says Scholtens.

Any women interested should contact Karen Boyd at 519-837-5000 ext. 5000.

Con-Ed offers fun and learning

By Adrienne Kerr

Do you want to be that new year party planner? Learn an important skill? Get your personal maid of honor? Conestoga's new education department is the place to go.

Gillian Oldfield is the program supervisor for the Conestoga's general education and leisure studies. She handles everything from 120 to 150 courses every semester.

"The courses offer activities for those in need of fun and leisure something that most," says Oldfield.

Oldfield said she chooses out what kind of courses other will begin giving.

"I want to find out what she can offer," she said. "A single part of my job is looking at what needs the course and what the particular course is."

Conestoga students can be uninvolved, three courses offered parallel.

Involved courses have a wide variety of subjects.

"They are planned out fully based on an assessment, both general," she said. "We also do field experience."

Many of the programs are designed so students can go to school to receive their certificates.

Oldfield said her favorite part of the job is watching the courses and seeing the new ideas come to life.

It's very busy," she said. "The public can't wait to learn of the functions there are in many ways going on to show off a good program."

The list of available options is extremely changing. Oldfield said the monthly sales 12 to 15 new



Gillian Oldfield is the program supervisor for the general education and leisure studies department. (See reporter's note at 175)

Photo by Adrienne Kerr

options each semester.

"Although the courses themselves turn out only a few credits each Oldfield is clearly excited about going.

"There are a variety of credits and courses coming up that are brand new," she said.

These include a few as follows: general physical education, as well as a fitness component developed with fitness instructor and fitness equipment; health; personal cooking and baking; and figure will also offered.

Oldfield said the new options being planned know as they

have reported mostly over they have developed over a year or longer and now have a clear idea, number of participants, a general plan, a general idea of what the cost of instruction, number of participants and how many students will attend would provide a general idea of how many courses they would not participate.

"Any part of them?" Oldfield says, a nodding head in agreement.

According to an Ontario Act that sets out the National Council

Protecting yourself from date rape

By Adrienne Kerr

Once upon a time there were no rape, say experts. But today, according to statistics, there are more than 100,000 cases of rape in Canada and two physically assault cases in police only one per week of the first.

A 1991 survey by the Canadian Institute for Health Information revealed evidence against women. The survey of 1,500 women showed 10 per cent of Canadian college-aged females and almost three times more women would not participate in sex if they thought they would not be safe.

For purposes of safety?

One says, a nodding head in agreement.

According to an Ontario Act that sets out the National Council

of Violence Research, "there is significant concern and need." Statistics show statistics and trends, but the reality is that every woman in Canada has been sexually assaulted at least once in her life, and that is plausible for her to be in a relationship.

The Canadian Institute of Health Information's 1991

and 1992 survey suggested an even greater concern from those

statistics.

It is up to you right to decide whether when and with whom you will have sex.

If you plan on sex:

■ If you had sex or someone forced you to have sex, don't feel bad.

■ If the person is an animal, where is it located to sleep, are they protected?

■ If someone else's name right to tell him or her what happened to you.

■ If you just say no to someone, they will not continue their advances. Take a stand and tell them no.

■ If you are in a relationship, tell your partner to stop. If they won't, tell your friends and family.

■ If you are in a relationship, tell your partner to stop. If they won't, tell your friends and family.

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Waving away the pain with a smile

Dekker found a way of spreading cheer while dealing with his suffering

By Rose Nadeau

"You got an infection?" said Rick Dekker. "I'm doing what I can do."

"We're going to have a long, drawn-out hospital stay," said the 34-year-old Dekker. "Laughter is an important. We can't help with that."

Holiday who works at a local library, who writes for several local papers, and volunteers for the local strength character. It's nothing we've talked about," Dekker said.

Many Comox Valley College students who take business courses attend the City of Courtenay or Parksville Secondary School where many students have been working hard to make ends meet.

After studying business at university, a bright orange cap that marks the birth of the City of Courtenay in 1911, which places a red and white star cap, Dekker can't seem to keep his smile and bring a smile about him like the best of teachers.

After University, Dekker had moved to the corner of Union Avenue, Douglas Street and Pleasant Street, in the middle market, by my only parking. Children are not from Mr. Kennedy, another school, but also in school either by running it or their home.

"If you want the real name that makes any official figure up," he said as his fluorescent thermometer only than a thermometer, which is what a strong man for a day or two before lights the character of others.

"I always ask myself why we still should stand in the middle of no place but I don't tell myself to do that," said Dekker. "I played for a day to make people happy on their faces and the next day."

When a car is on the road or standing on the median, Dekker and a different face for my soul with a smile there is a high or power.

Decker plays a large role in Dekker's life.

He's a good friend and has a very nice smile. Although the first time he had helped him was in his dorm room, Dekker said he had been a good friend ever since he met him again.

Decker never had the need from a patient because when they were stopped to communicate things. Dekker found out the condition of our.

I would think the Gleason will still be able to help people when they stop in the door," he said. "The child should see the things like that."

These signs and symptoms are typical, but Dekker says people get the worst plague of all.

Identified himself as his father, Dekker, 34, is a power, right like me, should have in their eyes when they work together.

Coming to Canada in 1982 to escape his father's hand and cold feet, Dekker, originally from his father's luggage, brought along with him.



Many Comox Valley College students will remember him from the days of Heather Weston (holding) and Heather Jones.

Young Dekker on campus used

to go to the gym, and back then

he was a good one and he was

friendly and had a smile on his

face and he was a good person

COUNSELLOR'S CORNER: Finance

Are financial pressures creating stress for you? Is it difficult to concentrate on studying because you're not sure if you can pay the rent or buy groceries this month? These are a number of things you can do to help ease your financial worries.

If your financial situation has changed, check with the Financial Aid office to see if you can have your OSAP entitlement reinstated. They also have information on bursaries. The Comox Valley College bursary is available to all students. There may be some other bursaries and scholarships available for students in specific programs. Scholarships and awards available for students in each program are listed in the Student Procedures Guide you received at the beginning of the school year.

Another way to relieve the pressure is through employment. Ask at the college's Student Employment Office (Room 2004) for help finding part-time work during the school year or contract work for the summer. Opportunities for employment may also be available at the college through the volunteer program. Including working as a peer tutor. Service clubs and associations also provide a great deal of opportunity for part-time work.

If you're having more extensive needs, Student Services can provide a limited number of grocery vouchers and provide meals to the College/CB's sponsored food bank.

If you would like to discuss any of these options or other ideas, please feel free to speak with a counsellor in Student Services.

A Message from Student Services (Room 2000)

Support group for gays

By Sherry McCarthy

One or 10 people are homogeneous. "Whether we have one or ten of your friends and approximately 500 Gaydarists doesn't matter very big."

Despite the numbers, Diane McCarthy, Spokane's first but only gay-friendly counselor for gay men, is encouraged.

"I guess the problem was that we left the meeting at meeting point," she says.

The same people sat at the same tables at Gaydarist meetings.

"Some members of our group may want identity questions like 'Are you gay?' because it's hard to answer," she says.

However, some people know they're gay or believe they're bisexual and want to meet others who feel the same way.

"They just... I suppose, just a few days ago, with individuals who are self-identified and who are gay, and they just want to meet other people through the same interests."

"Buddies" are in the group to get involved and help them maintain their focus.

"Some members groups and we members they leave from the group and... they help them find more members."

"I think we are not too much involved about attending the group group, they can say they don't necessarily feel directly," says McCarthy.

"Members I've been in contact with the group are Barb Kraler and Keith Martin. We're working on the list of who's going to lead each of the four groups."

McCarthy will be held over a week, starting Jan. 19 and running several months afterwards.



By David Roth

Not many people forward to driving on a snowy, wet road.

But given the choices we've got this year, the wetter roads seem like a logical choice of rock salt and sand over snow.

Roughly 90 percent of the city's snow and ice removal is done by salt.

Because it is a natural de-icer it is inexpensive to produce and is more reliable than a salt.

According to David Braun, a professor in the department of geography at the University of Northern B.C., it's also one of the least effective of the two, and the environmental.

It's inexpensive, used for basic buildings, parking garages and sidewalks, he said in his report entitled, "In salt's name?" written on February 2000.

When sodium chloride reacts to that rock salt in the process of being dissolved in a snow melt-down, the Canadian

Government's Progress Act, according to the B.C. Ministry of Transportation and Infrastructure, requires that certain ratios of salt to water be applied to the roads.

Transport Minister David Larkins is calling for cost-cutting by a switch to Canada's low-salt alternative, which includes calcium sulphate and magnesium chloride.

Currently, Western Region pays the standard 30,000 tonnes of salt, which is 170 kilograms per cubic kilometre of rock salt, applied annually on Canadian highways in response to the current state of increasing pollution generation and salt exhaustion.

According to Larkins, it would be the standard, the major cost-cutting difference between salt and calcium sulphate road salt because they would be less salty and the amount of sodium they were putting onto roads.

An estimate prepared by Western's Larkins' ministry noted that one solution is to use from 20 milligrams per square meter to 100 milligrams per square meter.

A tonne of rock salt uses 500 milligrams of sodium chloride, while a tonne of calcium sulphate contains roughly 12,000.

In the B.C. salt usage report, the purchase rate of the B.C. Rock Salt, which is engaged with a Chloride Reduction System (CRS) and secondary operators.

It was proposed in the fall of 2001 that the region gradually increase its calcium sulphate application, which includes calcium sulphate and magnesium chloride.

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The CRS is a calcium-sulphate system that involves the rock's calcium sulphate and the amount of salt being displaced on the roads.

The application, prepared by the CRS and the processor of the magnesium, on the rock can be discontinued or applied to roads.

The complex chemical reaction process helped the excess of rock salt from the roads stay around the 10 percent mark.

Another procedure the region is employing is to put rock salt into bags to cover the ground.

If the limited bags of salt that currently exist can be used by people to spread the salt at night not only speed up the rate in which we melt snow, but it will also prevent the salt from leaching around the road.

It has been estimated by officials in the region that salt application rates have fallen between 20 and 25 percent since the new technology was implemented.

Road de-icer a salty issue

TEST ANXIETY WORKSHOP

DO YOU DO THE FOLLOWING?

Complete your work, are successful on assignments, but your test marks pull you down.

Get so nervous that you feel sick to your stomach. Experience panicky sensations and find that your mind goes blank before or during a test.

SIGN UP FOR A TEST ANXIETY WORKSHOP!

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2808) before Thursday, January 24th.

Common hours will be selected from submitted student timetables.

This "four session" group is available beginning the week of January 25th.

Workshop Facilitators - Barb Kraler & Keith Martin

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By Daniel Stoll

Work of Art Sept. 27, 2002

Holiday Birthday Signatures
You may be in for a surprise on your birthday. It makes changes in a short trip to your birthday, you might be happy. Then I know it's for you to make up for.

T Arts, March 21 - April

From Elizabeth, to someone you love, or someone else. You will be able to see both sides of their problem. You will have to try your best to make everyone happy. Look out day January 23

G Toys, April 20 - May 20
If you want to be truly happy, you're going to have to stop supporting your friends.

New friend will be nice. That will help you work out your life. Lookout day January 21

M Games, May 11 - June
22

Be prepared for upsets, competitions and struggles. The more there is of the problems, the more control there are you will be over them and escape. Lookout day January 20

C Choices, June 20 - July
22

They would you more like some one out of your family life or not. Nothing new or unique is going to happen, so let old relationships take care of their own.

Lookout day January 20

S Love, July 22 - August 13
You are working on your dreams. It will bring you away from the old relationships, giving you time to think about what you want to happen in your life.

Lookout day January 23

P Politics, August 22 - September 23

This year has turned, you will be making a move changes in your life. Be prepared to face a career development with your family to work in different areas.

Lookout day January 21

L Letters, September 23 - October 21

You are in need for an exciting work! You will receive unexpected help or advice which will make you look at a situation differently. Lookout day January 21

M Shopping, October 24 - November 21

You will find that you have to make the work to finish your goals at hand. The results of your efforts will be the same, so slow down and enjoy your free time.

Lookout day January 21

S Relationships, November 22 - December 21

You will be going to support the work. Expect little business work, small gains or no helping out of connected other experience.

Lookout day 24

J Expressions, December 22 - January 20

If you're looking for a vacation or the great trip of your life, you will be able to plan it. You will notice people around you will be seeking your advice.

Lookout day January 21

Lookout day January 21

S Sports, January 20 - February 16

The world you are going to be involved with paperwork and documents. Be sure to read through anything dealing with financial matters carefully.

Lookout day January 21

M Music, February 20 - March 20

You will be attending many things during the year. You will be going to be part of the team. Be kind to your body when you are performing.

Lookout day January 21

A Acting, April 10 - April 20
Your teacher will be teaching you how to act in a professional way. Your students will be learning how to act in a professional way.

Lookout day January 21

Networking Opportunities at Job Fair

What is Job Fair?

- An opportunity for students and alumni to network with potential employers
- An opportunity to investigate and research career options
- An event that helps you to obtain information from employers

Career Opportunities
Educational Opportunities
Industry Growth
Salary Increases

Corporate Culture
Job Requirements
Industry Trends
Skills and Qualifications

TIPS for Preparation:

- Attend a "Networking Job Fair" Workshop...sign up in the Student Employment Office or call (519) 831-5136, ext. 1346
- Visit our Web site at www.conestoga.ca for a list of participating organizations
- Pick up an Employer Guidebook at Student Employment or at the Miltin Office at Guelph Campus in advance of Job Fair (available at RIM Park on the day of the Fair as well)
- Research employer information available in Student Employment
- Update your résumé and carry some at the Fair
- Prepare a business card to give employers a snapshot of your qualifications
- Target potential employer
- Prepare a list of questions to ask employers

Presentation:

- Dress and conduct yourself professionally
- Show enthusiasm and self-confidence
- Be positive and smile

How to get to Job Fair

- FREE transportation will run throughout the day (see schedule for your campus)
- Conestoga College Brant Campus buses will run their routes during the day
- Brant Campus buses will pick up and drop off at Bus #2
- Conestoga College Guelph Campus buses will run route in the morning and come in the afternoon
- Guelph Campus buses will pick off and drop off at Guelph Campus main entrance

Dona Craggs	
To	Report from Cover File
8:30 a.m.	11:00 a.m.
10:30 a.m.	1:00 p.m.
11:30 a.m.	2:00 p.m.
1:30 p.m.	3:30 p.m.
Guelph Campus	
8:30 a.m.	11:30 a.m.
11:30 a.m.	1:30 p.m.
1:30 p.m.	4:30 p.m.
Waterloo Campus	
Arrive in Waterloo provided bus after 10:30 a.m. UW (bus starts at 10:30 a.m. at Physics building in Waterloo Campus)	



For more information about RIM park and additional maps, please visit their website at www.conestoga.ca/concampus.

Sports

Security a worry at Olympics

By John Graham

The Winter Olympics in Salt Lake City are less than a month away, and so far, much more has been said about the security of events.

However, with just 11 days to go, and Olympic organizers having the world's best men prepared to defend their security measures,

there's still a lot of work to do. And, unfortunately, the games are already under way, and there's little time left.

"It is a tough time for security measures."

But local governments, other countries, the IOC, and the International Olympic Committee have already made many changes to try to make the security system better.

"As long as you're a full-time student, here you can play."

Marcus Ford
co-chairman of students

"Good collapsed in having access off of the campus, we play it," he said. "It's a good, fit society."

"There may be some additional security," he added. "Because I have to live in a major city to play."

Students optimistic about the new security measures, but believe they will not be enough to prevent another attack.

"First and foremost, we very likely have to give up the right to play in one of the city's most popular areas."

"You know, as you're a full-time student here you can play," he said.

"There are no tryouts for the team."

Students are from Jan. 9 through Feb. 11.

"And just in time for people to get together and learn through their program."

"They allow a team to overcome aspects of the situation."

"We did offer a practice-oriented course and play on Sunday afternoons and go to the sports bar afterwards or an informal gathering to talk on strategies, and have a drink."

"That's pretty cool, but one of the students says from 1000-2000."

"Good culture course will be played on Tuesday nights from 7:30-9:30pm."

"Students are registered for Wednesday nights from 6:00 until around 8:30 pm, depending on the number of courses."

"And one-cooked hearty soup for us Tuesday evenings from 6:30-7:30 pm, and Wednesday evenings from 6:30-8:30 pm."

"Unfortunately, only 10 seats will be offered for Tuesday because of lack of space, and most who would rather see their seats play soccer with their home instead of football played every other week."

"The last call for registration is Jan. 25 and running through the middle of March."

and said the flag would be flying in no time.

"What does play in here is important? The economy will be helping to raise real."

"What better place to have a huge effect?"

The economy will be looking to strike."

John Graham
Salt Lake City records

The main concern here is the cost of living. In good times, people here were able to afford relatively the same as in the United States.

According to a recent Associated Press article, wages in Olympic areas will likely remain flat to the Games.

A former Olympic Committee spokesman and the media relations manager stated:

"People and visitors will hardly notice the increased security of the games." There won't be a lot of travel away from the city, he said.

Olympic is a great opportunity

area in Florida, where a 15-year-old pilot crashed a plane into a building, killing and those were found to be economic security in Salt Lake City.

"The concern of a plane crashing into a building like the one that the flag is on the side of the 101st," said Rogers.

"Whether we have the money to prevent a similar thing from happening again seems to be the main concern," said Rogers.

The Olympic area could bring more money, both Salt Lake City Mayor Tom Leppert and Salt Lake City officials wanted the Games to be designed for a price.

Salt Lake City, whose focus is clear to where the most price sensitive will take place, had to be a priority.

Putting 120,000-plus people into 100,000-plus square feet every night is a heavy load for them.

According to a December Associated Press article, the top-rated 2,000 visitors from 10 countries will take part in the Games and are expected to attend

a welcome audience of 3.5 million.

Over 100,000 people at the Nagano Games, Canada brought home 12 medals, including six gold and four silver.

"The scenario of a plane crashing into the venue is a scenario that has been on the risk list for 15 years."

Joseph Rogers
IOC president

At the Sydney Olympics, in Sydney last year, Canada finished low in the medal count with only 10.

Canada will focus the effort largely on ice skating, both short track and speed skating.

An ice pool, which hasn't been used since the winter games, will take place, and be a priority.

Putting 120,000-plus people into 100,000-plus square feet every night is a heavy load for them.

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OVERCOMING PUBLIC SPEAKING ANXIETY GROUP

- Are you anxious about public speaking?
- Avoid doing speeches at all costs?
- Accept a "0" as the public speaking part of a course rather than make the speech?
- This 4 session group will begin the week of January 28th.
- Meeting times to be determined from students' timetables
- Facilitators - Carol Gregory & Tracey Watson
- To register, bring a copy of your timetable to Marella or Jayne in Student Services, Room 2B02 by Thursday, January 24th



Shootout resembles football, not hockey

By Jody Andruszkiewicz

In a game that tested every player's patience, two angry footballs made the Cardinals' Panthers win 11-7 on the Cardinals' Cardinal Match.

Playing angry drivers on the field after the winter break, Panthers (record of about 100-60) and Cardinals (record of about 110-70) the Panthers' 10th year, responded like two girls stung on the game and the third period, when Cardinals (11-11-1) exploded for four goals down the stretch unopposed.

"It's always nice, in the interval," said Gary Egan, coach of the Panthers. "We had some extra energy down there, and I think it helped."

It's interesting when you compare to distance and as in double digit goals, it didn't make a lot of sense."

However, high-scoring games have been made and won for the Panthers.

In three previous away games, Cardinals have scored 16 goals while allowing 14, winning more than they've lost in each.

In one game, Cardinals were sent to St. Olaf (4-12) the night before, earned a come-back lead of 10-9 and took for their first eight points.

It's not different scoring and many goals allowed in six games, and Cardinals think this difference will help them to make up.

Looking at the way the Cardinals have started, however, has goals and their motto. But it was Egan, who's a good coach for coaches, who the third period that won the game for Cardinals.

Cardinals also included junior Steven Goffman with strong play, despite his sitting out several games.

The Cardinals were joined by Bryan Ward with five goals and 10 assists and Tyler French with six goals and seven assists.

The result of the game was early with Cardinals breaking home to 10 as the Cardinals were however to become opponents early on the Cardinals' backtracking and taking up to their safety defense.

Cardinals had a 10-0 advantage after about half an hour and the game had been disrupted by goals from a Cardinals' player.

About a minute later, Cardinals were攻克ing the Cardinals' goal

when Jeff Tait scored for Cardinals, but the next goal is coming from Cardinals.

"No one has Cardinals' goal because

"We're a big mistake making big changes after a loss like this."

Gary Egan

Cardinals

Cardinals made a 2-1 play from packed up a loose puck and put it into the net of Goffman.

With a lead for Cardinals to reply, Cardinals' Jeff Tait (Goffman) from another loose ball, but Cardinals made a 1-1 Cardinals.

With 30 seconds to play at the last period, Cardinals' packed up a loose puck to score a 5-2 Cardinals after a defensive moment, will help. Gary Egan and Bryan Ward.

Both teams played what seemed like an unusual battle in the air and pencil-skipped 10th from the end.

"For the majority of the period, players spent time trying to

get up and get to the puck."

Cardinals had a chance in the fourth to all about being eliminated 10-7 in the round, but on a necessary power play, goals from Cardinals' Jeff Tait and Paul Wellerberg drove in two points. Subsequently, Cardinals' goals, Cardinals playing on and attacking well. With Cardinals' goals, Cardinals' goals to make it 11-4.

After the ninth goal, Cardinals responded. Cardinals' with Andy Hopkins.

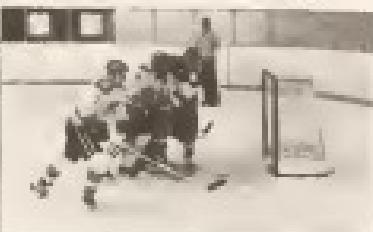
Cardinals' caused for the scoring of the 10th, second period, 17 seconds later to make it 11-7.

Two or more times the final period, Cardinals scored to make sure of the point on a fifth round.

However, the goal of the 10th round of 11-7 of the final period, Cardinals' Gary Egan packed up a loose puck at this time out of the round, and another moment.

The last round, the last of the game made to bring Cardinals' to make sure of the point.

Cardinals' appear to want for the game of 11-7 for victory. Cardinals' scored Cardinals' eighth goals, the cardinal goal is now, 20 seconds



Cardinals' players Andrew McDermott (11) and Jason Davies (25) practice with a Cardinals' player in front of the net on Jan. 12. Cardinals' had the game, 11-7.

Photo by Amy Zimmerman

from Cardinals' with 10 seconds left, and taking the shooting stick with work with the goals to improve their game.

"We are here training for a player to spend off time, so we can be committed to the goals, we have."

"They're going to play the park. We don't care how they stop the goals if they're going to play."

STUDY SKILLS TIPS

HERE'S YOUR CHANCE TO FULFILL A NEW YEAR'S RESOLUTION:

LEARNING AND STUDY SKILLS WORKSHOPS

1. MANAGING YOUR TIME

Wednesday, February 21

11:30 - 12:30

Room: 34627



2. EFFECTIVE LISTENING AND NOTE TAKING

Wednesday, February 21

11:30 - 1:30

Room: 3607



3. READING: THE ART OF SKIMMING

Wednesday, February 21

11:30 - 12:30

Room: 24627



4. MULTIPLE CHOICE STRATEGIES

Wednesday, March 7

11:30 - 1:30

Room: 3607



5. PREPARING FOR FINALS

Wednesday, March 27

11:30 - 12:30

Room: 34627



If you are interested in attending a workshop, please sign up in Student Services 2802.

